



STATE OF ALABAMA DEPARTMENT OF
PUBLIC HEALTH

HEALTHY EATING (60 SECONDS)

Between Thanksgiving turkey, heaps of cakes and cookies, and holiday get-togethers with family and friends, you're bound to gain some extra weight over the holidays, but believe it or not, there are ways to savor the season without packing on the extra pounds.

This is Acting State Health Officer, Doctor Scott Harris. Several studies say that the average American with a normal BMI gains about one to two pounds between Thanksgiving and New Year's Day – and that one to two pounds can increase up to five pounds if you are overweight or obese.

It's hard to deprive yourself of the tasty treats, but at least try to eat them in moderation and keep up some form of exercise routine during the holidays. Research shows that sleep deprivation can contribute to weight gain and stalled weight loss, so make sure you are getting enough sleep during this busy time of year.

For more tips to stay healthy over the holidays, visit Alabama public health dot gov slash nutrition.

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